

DESCRIPTION

COMPOSITION COMPRISING THEANINE

*This application is a 371 of PCT/JP99/00784, filed 2/23/1999, which claims the priority of JP10-57470, filed 2/23/1998, JP10-142119, filed 8/6/1998, and JP10-330207, filed 11/5/1998.*

TECHNICAL FIELD

The present invention relates to a theanine-containing composition which can be used for a food composition, a pharmaceutical composition, and the like, for suppressing and ameliorating various symptoms accompanying diminished homeostasis, such as obesity, anxiogenic symptoms, premenstrual syndrome, sensitivity to cold, menopausal disorders, sleep disorders and autonomic imbalance. Further, the present invention relates to a mineral composition in which a peculiar metal taste is reduced.

BACKGROUND ART

Conventionally, various symptoms accompanying diminished homeostasis, such as obesity, anxiogenic symptoms, premenstrual syndrome, sensitivity to cold, menopausal disorders, sleep disorders and autonomic imbalance, have been treated by symptomatic chemotherapies. A number of kinds of such symptoms, disorders, and the like can often develop concurrently with aging. In such case, great cautions should be